

IN-SEASON S&C PROGRAM

STRENGTH & COND.

PERSONALISED PERFORMANCE PROTOCOL

Built around your match schedule. Designed to make you more durable — not more tired.

PREPARED FOR

MARCUS DELGADO

POSITION
CMPHASE
IN-SEASON MAINTENANCEBLOCK
02 OF 04BODY WEIGHT
77 KG

01

THE BLOCK IN FRONT OF YOU

4 WEEKS • 3 GYM SESSIONS PER WEEK • BUILT AROUND YOUR MATCH SCHEDULE

In-season strength work is not about building maximum strength. It's about maintaining what you built in pre-season while staying fresh enough to perform on Saturday. Every session here is designed to leave you feeling better, not destroyed. Quality over quantity — always.

THIS BLOCK'S PRIORITY

Block 02 priority: build load tolerance. Add 2.5–5kg to main lifts when Week 1 felt controllable. Keep RPE honest. If a session grinds you down, back off — we have four weeks.

02

WEEKLY SCHEDULE

SESSIONS MARKED IN GOLD • MATCH DAY ON SATURDAY • ADJUST DAYS TO YOUR SCHEDULE

MON 60 MIN STRENGTH A Lower power	TUE 90 MIN TEAM TRAINING	WED 55 MIN STRENGTH B Upper + hip	THU 90 MIN TEAM TRAINING	FRI 20 MIN ACTIVATION CNS priming	SAT MATCH MATCH DAY	SUN 50 MIN STRENGTH C Recovery lift
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03

4-WEEK PROGRESSION

HOW VOLUME, INTENSITY, AND FOCUS SHIFT ACROSS THIS BLOCK

WEEK	VOLUME	INTENSITY	FOCUS	KEY ADJUSTMENT
WEEK 01	MODERATE	RPE 7–8	TECHNICAL MASTERY	Use 70–75% 1RM. Focus on form. Record every lift.
WEEK 02	MOD+	RPE 7–8	BUILD LOAD TOLERANCE	Add 2.5–5kg to main lifts when last week felt controllable.
WEEK 03	HIGH	RPE 8–9	PEAK STIMULUS	Highest effort week. Push to RPE 8–9. Track bar speed.
WEEK 04	LOW	RPE 6–7	DELOAD + RECOVERY	Reduce volume by 40%. Maintain intensity. Super-compensation.

04

SESSION A — LOWER BODY POWER + CORE

MONDAY • 60 MINUTES

SESSION INTENT

Heavy compound lower day. Builds power and strength for match-week explosiveness without beating your legs up. Never within 48 hours of a match.

EXERCISE	SETS	REPS	CUE
WARM-UP — 10 MIN			
Hip 90/90 mobility	2	45s/side	Controlled — breathe through it
Glute bridge march	2	10/side	Slow — activate glutes before loading
Band lateral walk	2	15/side	Light band — stay low
MAIN STRENGTH — 35 MIN			
Barbell back squat	4	5	RPE 8 • Depth below parallel • Brace hard
Romanian deadlift	3	8	Hamstring stretch at bottom • Soft-knee hinge
Single-leg press	3	10/side	Address left-right imbalances
Nordic curl eccentric	3	6	Non-negotiable • Hamstring injury prevention
CORE BLOCK — 10 MIN			
Dead bug	3	8/side	Lower back flat throughout
Pallof press	3	12/side	Anti-rotation — resist the pull
Copenhagen plank	3	20s/side	Adductor strength — critical for groin health

NON-NEGOTIABLE RULES

Never train legs heavy within 48 hours of a match. Session C on Sunday is specifically designed for this. If you feel unusual fatigue or soreness, reduce load — do not push through. Communicate with your mentor before the next session. Log every set: weight, RPE, how it felt. Data from this session shapes the next block.

05

SESSION B — UPPER BODY + HIP STABILITY

WEDNESDAY • 55 MINUTES

SESSION INTENT

Upper body + hip stability day. Focus on shoulder health, posterior chain, and the small muscles that prevent the big injuries.

EXERCISE	SETS	REPS	CUE
WARM-UP — 8 MIN			
Thoracic foam roll	2	45s	Roll + pause on tight spots
Band pull-aparts	2	15	Activate rear delts
Wall slides	2	10	Scapular health — slow
STRENGTH & STABILITY — 40 MIN			
Cable pull-through	3	12	Hip hinge pattern — glute-focused
DB Bulgarian split squat	3	8/side	Control the descent • RPE 7-8
Pull-up / lat pulldown	3	8	Full range • No kipping
DB bench press	3	10	Controlled eccentric • Shoulder health
Face pulls	3	15	Rotator cuff • Light load
Single-leg hip thrust	3	12/side	Glute + pelvic stability
Adductor machine/band	3	15	Groin injury prevention
CORE SEQUENCE — 7 MIN			
Plank sequence	3	30-45s	Front • side • RKC — full rotation

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06

SESSION C — FULL-BODY RECOVERY LIFT

SUNDAY • 50 MINUTES

SESSION INTENT

Full-body recovery lift. Deliberately lighter. Moves blood, maintains patterns, keeps you sharp — never leaves you sore for Monday’s team session.

EXERCISE	SETS	REPS	CUE
ACTIVATION — 5 MIN			
Dynamic warm-up flow	1	5 min	Mobility + light plyos — just get blood moving
RECOVERY LIFT — 35 MIN			
Goblet squat	3	12	Moderate weight — quality focus
DB Romanian deadlift	3	10	Hip-dominant hinge pattern
Seated cable row	3	12	Retract + depress shoulders
Incline DB press	3	10	Shoulder-safe pressing angle
Step-up with knee drive	3	10/side	Unilateral — addresses imbalance
Glute ham raise	3	6	Eccentric only if needed • Protect hamstrings
FINISHER — 10 MIN			
Ab wheel / hollow body	3	10	Anti-extension core — control is key
Static stretch circuit	1	10 min	Hips • quads • hamstrings • lats

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07

TRACK YOUR BLOCK

NUMBERS DON'T LIE — LOG EVERY SESSION SO YOUR NEXT PLAN IS SHARPER

The numbers you log here shape your next block. Without data, your mentor is guessing. With data, we see exactly where you're adapting and where you're stalling.

LIFT	WK 1	WK 2	WK 3	WK 4
Barbell back squat weight × reps × RPE				
Romanian deadlift weight × reps × RPE				
DB bench press weight × reps × RPE				
Pull-up / lat pulldown weight × reps × RPE				

08

FORM CUES & COMMON MISTAKES

THE DETAILS THAT SEPARATE GOOD REPS FROM INJURY REPS

SQUAT	CUE	Brace hard before descending. Knees track over middle toes. Depth below parallel — hip crease below knee cap.
	AVOID	Knees caving in. Chest dropping forward. Heels lifting off floor.
DEADLIFT	CUE	Hips hinge back, chest stays proud. Bar travels close to body — shins, knees, thighs.
	AVOID	Rounding lower back. Bar drifting away from body. Hyperextending at the top.
PRESS	CUE	Full control on the way down — 2-3 seconds. Elbows at 45° from body. Grip tight.
	AVOID	Flaring elbows 90°. Bouncing off chest. Bar path drifting forward.
NORDICS	CUE	Fight the descent as long as possible. Catch yourself with hands only if you lose control.
	AVOID	Rushing the descent. Using hips to cheat. Skipping them — they're non-negotiable.

THE ROAD AHEAD

KEEP GOING.

"The gym isn't where you become a better player. It's where you become a more durable one. Every rep you put in during the block is a rep that protects your hamstring in minute 85 of a Saturday match. Train it like it matters — because it does."

— ALBERT ARAMAYO

Professional footballer • National team • Founder, FP by Aramayo

YOUR NEXT STEPS

- 01** Log every session — weight, reps, RPE, and how you felt. Send logs to your mentor weekly.
- 02** If you feel unusual soreness or fatigue, message before your next session. Plans adapt.
- 03** After Week 4, we review your numbers together and design Block 3.

PLATFORM

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INSTAGRAM

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